



1601 Discovery Bay Blvd. Discovery Bay, CA 94505 (925) 392-4575

Fall/Winter **Hours of Operation Starting 9/14/15**

Mon-Fri: 8:00am - 5:30pm Sat-Sun 9:00am-5pm (hours of operation subject to change without notice)

Board of Directors

President: Chris Steele Vice President: Bill Pease Director: Kevin Graves Director: Robert Leete Director: Mark Simon General Manager: Rick Howard

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Parks & Recreation Staff

Parks and Landscaping Manager Brian Miller

Recreation Programs Coordinator Vacant

> Administrative Assistant Monica Rollins

REGISTRATION INFORMATION

FAQ's

When should I register for classes?

Please register at least one week prior to the class start date. Each class has minimum and maximum enrollment requirements to cover the cost of the program.

How do I register for a class?

There are four (4) ways to register.



Mail-In

Town of Discovery Bay 1800 Willow Lake Road Discovery Bay, CA 94505



Online

at www.todb.ca.gov/content/programs



Call-in

(925) 392-4575



Walk-in 1601 Discovery Bay Blvd. Monday-Friday, 8:00AM-5:30PM

What if I need special accommodations?

If you require special accommodations please specify on the registration form and contact the Community Center directly.

What if I need to bring something special?

Special required items will be listed in the class or program descriptions. For any additional questions, please feel free to contact the Community Center during regular business hours.

What if a class or program is cancelled?

Customer requested refunds/transfers no later than 3 business days prior to the first day of class. No refunds after first class. No refunds or make-ups for missed days. A processing fee of \$7 will be charged for all cancellations after a registration has been processed. If minimum class size is not met by the Wednesday prior to the start of class, the class may be cancelled. In the event that the District cancels a class, you will receive a full refund. Outdoor classes are cancelled in the event of lighting.

COMMUNITY EVENTS & INFORMATION





COMMUNITY BLOOD DRIVES

The need is constant.
The gratification is instant.
Give Blood. ™

Blood Drives will be held from 10AM-3PM at the Discovery Bay Community Center on Monday, December 14, 2015

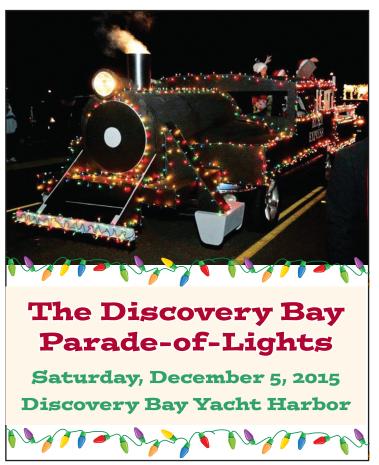
For more information or to make an appointment:

Visit <u>www.redcrossblood.org</u> SPONSOR CODE: Discovery Bay Or contact 1(800) RED-CROSS

All blood types are needed!

If you have any questions regarding your eligibility to donate blood, please call 1-877-236-3276







Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities such as skill demonstrations, fun games, and instructional scrimmages.

Mommy/Daddy & Me Soccer

(2-3.5 yrs.)

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their larger motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy parents are part of the action, not watching from the sidelines. All kids will receive a Kidz Love Soccer jersey.

FEE: \$61 (5 weeks) / \$89 (8 weeks)**

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Kidz Love Soccer Staff

CLASS#	DAY	TIME	DATE
80006	M	5:15-5:45PM	9/14-10/12
**80007	M	5:15-5:45PM	1/25-3/21*

*No Class 2/15

Tot/Pre-Soccer

(3.5-5 yrs.)

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after first meeting. All participants will receive a Kidz Love Soccer jersey

FEE: \$89 (8 weeks)

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Kidz Love Soccer Staff

CLASS#	DAY	TIME	DATE
80008	M	4:35-5:10PM	9/14-11/2
80009	M	4:35-5:10PM	1/25-3/21*
*No Class 2/15			



Soccer 1: Techniques & Teamwork

(5-6 yrs.)

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after first meeting. All participants will receive a Kidz Love Soccer jersey.

FEE: \$89 (8 weeks)

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Kidz Love Soccer Staff

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CLASS#	DAY	TIME	DATE	
80010	M	3:50-4:35PM	9/14-11/2	
80011	M	3:50-4:35PM	1/25-3/21*	

*No Class 2/15

Kidz Love Soccer Weather Watch

In case of rain-outs please call the KLS field hot line at 1-888-372-5803 half hour prior to your class time or download the free KLS App. For iPhone/Android to receive notifications on cancellations. All rain outs will be made up at regular class time during the weeks following the session. No credits will be issued if make-ups are offered. If we are unable to schedule a make-up, prorated refunds will be issued.

Soccer 2: Skillz & Scrimmages

(7-10 yrs.)

Kidz 7-10 years of age will enjoy advanced skill building; dribbling, passing, and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required. All participants will receive a Kidz Love Soccer jersey.

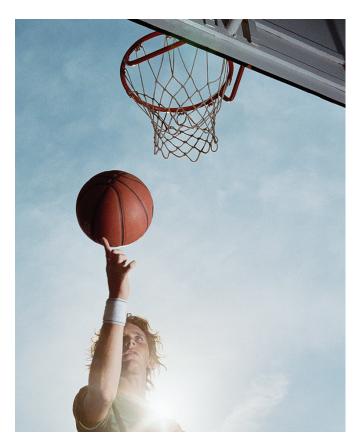
FEE: \$61 (5 weeks)

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Kidz Love Soccer Staff

CLASS# DAY TIME DATE 80012 M 5:55-6:40PM 9/14-10/12

YOUTH PROGRAMS



Fall Break Camp

(5-12yrs.)

Looking for something fun to do during the fall school break? The Town of Discovery Bay (TODB) fun camp is the answer! Held at the Discovery Bay Community Center where campers will play traditional sports and nontraditional games that will keep campers active as well as help improve coordination and cardio fitness. Participants will be separated into age groups. Bring water bottle and 2 snacks. Wear appropriate attire for outdoor activities

FEE: \$75 for half day session, *\$125 for full day session LOCATION: Discovery Bay Community Center

INSTRUCTOR: TODB Staff

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CLASS#	DAY	TIME	DATE
80000	M-F	9AM-12PM	9/28-10/2
80001	M-F	1PM-4PM	9/28-10/2
80002	M-F	9AM-4PM	9/28-10/2*
80003	M-F	9AM-12PM	10/5-10/9
80004	M-F	1PM-4PM	10/5-10/9
80005	M-F	9AM-4PM	10/5-10/9*



low enrollment will be cancelled

Biddy Sports Basketball

(4-6 yrs.)

Registration Deadline ~ September 30th!

Boys and girls learn the fundamentals of basketball and get an introduction to team sports in a supportive environment. This is non-competitive basketball where your child can participate at their own level and ability without keeping score. During the one hour class, children participate in a fun group warm-up, practice with their team, and play a game! Parents support their child's efforts and get involved by volunteering to coach. Coaches training is Sunday evening, 10/4, please volunteer when you register! Biddy Sports is a successful non-competitive preschool sports program having fun in East Contra Costa County since 1993. Join us! www.biddysports.com Learn! Play! Fun! Participants receive a t-shirt and small award

FEE: \$70 (6 weeks) LOCATION: Cornell Park

INSTRUCTOR: Biddy Sports Staff

CLASS# DAY TIME DATE 80015 SAT 10-11AM 10/10-11/14

Child & Babysitting Safety

(11-18 yrs.)

Babysitting is not just watching children for money. It is being responsible for their safety and well-being. This course will focus on safety, emergency response, diapering, feeding, bedtime, playtime, interacting with the parents and more. All students will receive a two year certification card from the American Safety and Health Institute at the end of the class. All participants should bring a bag lunch.

FEE: \$53

LOCATION: Discovery Bay Community Center

INSTRUCTOR: American Safety Academy

CLASS# DAY TIME DATE 80016 SAT 10AM-2:30PM 10/24



Fabulous Feet Dance & Athletics Studio is now offering these satellite classes:

Beginning Combo Dance

Come and begin to have fun exploring tap, jazz and ballet in one combination dance class. Children will have the option to perform at the Discovery Bay Light Parade. Note: There is an optional costume fee for lighted parade

FEE: \$135

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Shannon Leyen

AGES 3-5

CLASS# DAY TIME DATE 80017 M 3:45-4:30PM 8/31-11/30* *Classes not offered on 9/7, 9/28, 10/5

AGES 6-8

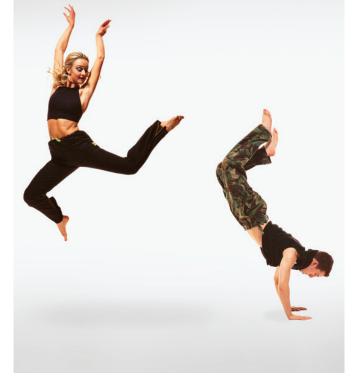
CLASS# DAY TIME DATE *80018 M 4:30-5:15PM 8/31-11/30*

*Classes not offered 9/7, 9/28, 10/5

AGES 9-12 FEE: \$150

CLASS# DAY TIME DATE *80019 W 4:30-5:30PM 9/2-12/2*

*Classes not offered on 9/30, 10/7, 11/25



Combination Dance Classes to Contemporary Christian Music

(7-11 yrs.)

Come explore the genres of dance, tap, jazz, ballet and lyrical taught to contemporary Christian music. Children have the option to perform at the Discovery Bay Lighted Parade.

Note: There is an optional costume fee for lighted parade

FEE: \$150

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Shannon Leyen

CLASS# DAY TIME DATE 80020 W 3:30-4:30PM 9/2-12/2*

*No classes 9/30, 10/7, 11/25

Time to Tap

(18+yrs.)

Put on your dancing shoes and tap it out at the Discovery Bay Community Center. Exercise away the blues, improve your balance, coordination, stamina, and have fun while doing it. Beginning to Intermediate. Tap shoes preferred but Mary Jane flats are fine.

FEE: \$90

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Shannon Leyen

CLASS# DAY TIME DATE 80021 T 10:15-11:00AM 10/13-12/8



Winter/Spring 2015-16

Calling all Instructors. Are you interested in teaching a class? If you have a skill that you would like to share or have experience teaching, visit our website at www.todb.ca.gov/content/programs and click the instructor forms link. You can also pick up the Instructor packet at the Discovery Bay Community Center during regular office hours. For more information call 925-392-4571.

YOUTH PROGRAMS & AQUATICS

Gurus Education Debate Club

(1st thru 3rd grades)

This course teaches the beginning building blocks of public speaking. Starting with being ready, practiced and focused, they learn the importance of body language and variation in their voices. Within the fun milieu of show and tell, storytelling and poetry recitals, the goal is for your child to start developing more confidence and skill in expressing themselves to a group. FEE: \$199 (10 weeks)

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Gurus Education Staff

CLASS# DAY TIME DATE 80050 M 4:30-5:30PM 9/21-11/30*

*No class on 11/23

Gurus Education Debate Club

(4th-8th grades)

This class is a combo course of Public Speaking with Confidence and Essentials of Debating. It is an excellent course to take, as it not only focuses on teaching delivery and presentation skills but also provides foundation of critical thinking and essentials of debating. With a lot of thought-provoking and stimulating topics and exciting activities to write and speak, students learn how to manage public speaking anxiety, present themselves with confidence, how to make strong arguments by providing reasoning and evidence. It improves their confidence, communication and general knowledge.

FEE: \$199 (10 weeks)

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Gurus Education Staff

CLASS# DAY TIME DATE 80013 M 5:30-6:30PM 9/21-11/30*

*No class on 11/23

Discovery Bay River Otters

Entering its third season, The Discovery Bay River Otters (DBRO) is a Summer League Swim Team that is dedicated to providing quality amateur competitive swimming events for its members. The DBRO's promotes good sportsmanship, swimming excellence, and self-esteem in all swimmers



with an emphasis in individual progress, team unity, and family participation. The Discovery Bay River Otters encourage all children to participate regardless of their skill level, and welcomes swimmers from novice to the more advanced.

Swim practices will occur Monday – Thursday, April 4 – June 2, and then Monday – Friday from June 6 – July 8 during the season. Registration for returning swimmers and their families will be held January 4 – January 31. Remaining spots will open to the general public beginning February 8. Registration may be done online, or in person at the Discovery Bay Community Center.

FEE: \$375 LOCATION: Discovery Bay Community Center

INSTRUCTOR: Discovery Bay River Otters Coaching Staff

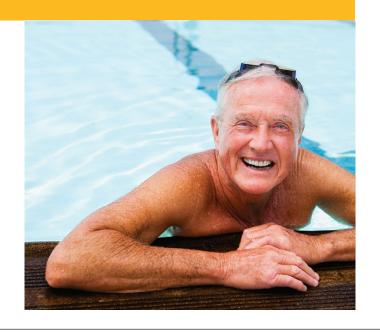
CLASS#	AGE GROUP	GENDER
80030	6 and under	Girls
80031	7-8	Girls
80032	9-10	Girls
80033	11-12	Girls
80034	13+	Girls
CLASS#	AGE GROUP	GENDER
80035	6 and under	Boys
80036	7-8	Boys
80037	9-10	Boys
80038	11-12	Boys
80039	13+	Boys

New

Fall Adult Lap Swim Hours

Monday-Saturday, 11AM – 3PM Sunday Closed September 14 – October 30 Free Program (18 yrs.+)

Must sign a Liability Release Waiver. No lifeguard on Duty (subject to change without notice due to low attendance and/or inclement weather)



COMMUNITY CENTER RENTALS

The Town of Discovery Bay offers several different rental options for your next gathering. Located at 1601 Discovery Bay Blvd., the Community Center has multiple rooms for your next meeting or small family gathering. The following rooms are available either weekdays or weekends..

Cabrillo Room Marina/Discovery Room BBQ Area

The Cabrillo Room



The Discovery Room



For rental fees, additional information, or to request a tour, please contact the Discovery Bay Community Center at (925) 392-4575 or download an application packet online at www.todb.ca.gov

The Marina Room



BBQ Area



PARK RENTALS

Cornell Park



Ravenswood Park



The following parks are available for hourly, half day (6 hours) or full day rentals. A refundable deposit is required. Please contact the Discovery Bay Community Center for a Facility Rental Application Packet by calling (925) 392-4575 or download an application packet online at www.todb.ca.gov



Amenities Available:

Cornell Park

505 Discovery Bay Blvd Tennis Court or Pickle Ball (single court)

Baseball Field

Soccer Field

Shaded Picnic

Bocce Courts

Horseshoe Pits

Restrooms

Basketball Courts

Ravenswood Park

Cullen & Newbury Lane Covered Picnic Area 1 or 2 Soccer Field

Community Center

1601 Discovery Bay Blvd
Tennis Courts (single court)
BBQ Area
Event Lawn
Swimming Pool

ADULT PROGRAMS

Barre/Sculpt Fusion

(16 + yrs.)

A comprehensive workout designed to strengthen the body from head to toe. Utilizing weights, your body weight and a mat to tone your arms and legs, sculpt your abs and strengthen your glutes. Incorporating stretching after each strength segment to create a long, lean, strong body. Suitable for all levels. This class also offers a drop-in free of \$10 if space allows. FEE: \$50/\$25*

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Mindy Esau

CLASS#	DAY	TIME	DATE
80028	T	9-10AM	10/13-11/17 (6 weeks)
*80029	T	9-10AM	12/1-12/15 (3 weeks)



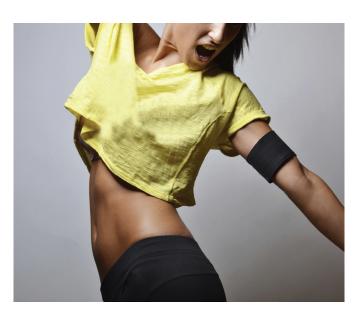
(18 + yrs.)

Zumba Light is regular Zumba Fitness with simpler moves, more explanation and less impact taught at a slower pace. We will break down the steps, learn to recognize the different rhythms and their respective main moves and will be taught step by step and then putting it all together so new students can learn the basics that will eventually help them prepare to join the regular Zumba class or simply for those students that would just prefer to enjoy a more mild and gentle Zumba class. Students should bring water and a towel.

FEE: (Based on the number of classes per month) \$40/\$48* LOCATION: Discovery Bay Community Center

INSTRUCTOR: Karina Dugand

CLASS#	DAY	TIME	DATE
80022	T	7-8PM	9/29-10/27
*80023	T	7-8PM	11/3-12/8



Zumba by Karina

(18 + yrs.)

Working out can be so many things, usually not much fun until now! Zumba uses great music rhythms and tantalizing moves to create dynamic workout system designed to be fun and effective. Zumba is great for any fitness level with components of resistance and sculpting training to tone the entire body. Students should bring water and a towel.

FEE: (Based on the number of classes per month) \$40 LOCATION: Discovery Bay Community Center

INSTRUCTOR: Karina Dugand

CLASS#	DAY	TIME	DATE
80025	TH	7-8PM	10/1-10/29
80026	TH	7-8PM	11/5-12/10*

*No class on 11/26

Gurus Education - Speaking with Confidence for Adults

(18 + yrs.)

Being able to communicate effectively and confidently has immeasurable benefits in professional, social, and family life. We cannot escape from the occasions where we have to speak in front of a large group be it at work, parties or schools. In this course participants learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language. It improves their confidence in public speaking and communication skills. FEE: \$199 (10 weeks)

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Gurus Education Staff

CLASS# DAY TIME DATE 80014 M 6:30-8:30PM 9/21-11/30*

*No class on 11/23



ACTIVE ADULT PROGRAMS

Fall Prevention Workshop

Falls are the leading cause of injury and death of people over the age of 65 and the most common cause of hospital admissions. One of every three seniors who lives independently in their homes will experience a major fall each year. Of those who fracture a hip, 50% cannot return home to independent living and as many as 20% will not survive one year. These are sobering statistics that many of us are unaware of. Register today for this workshop to learn the hazards and causes of falls at home and learn the numerous easy strategies that can be implemented to make it safer, minimize the risk of a debilitating fall and increase your potential to remain at home and live independently for as long as possible. These are single day workshops

FEE: Free (Preregistration Required)

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Vinny DiNicola, HomeLife Senior Care

CLASS#	DAY	TIMES	DATE
80040	W	9:30-10:30AM	9/30
80041	W	9:30-10:30AM	10/14
80042	W	9:30-10:30AM	11/4
80043	W	9:30-10:30AM	12/9
80044	W	6-7PM	9/30
80045	W	6-7PM	10/14
80046	W	6-7PM	11/4
80047	W	6-7PM	12/9



Card Groups meeting at the Discovery Bay Community Center

Hand & Foot

No reservations needed (FREE). Played every Wednesday from 12-4PM

Duplicate Bridge

Reservations required. Call (925) 392-4575 for reservations. Sanctioned Game, \$6 due to game host. Played every Saturday from 12-4PM

Duplicate Bridge

Reservation required (FREE). Played every 3rd Thursday from 11:45AM-4:30pm



ACTIVE ADULT PROGRAMS

Nutrition for Health

Senior Information & Assistance Program

The East County Aging and Adult Services Department provides local assistance to seniors aged 60+ adults with disabilities and caregivers. Program sessions are by appointment only and cover a variety of topics including referrals and assistance to obtaining services. (925) 229-8434

Meals on Wheels

Are you 60 years of age or older, homebound and need assistance with daily meals? Call the meals on wheels program at (925) 625-4545

Contra Costa Crisis Center

Call 211 – Help starts here. A fast, free, and confidential service that can help with emergency food, rental assistance, healthcare, housing/shelter, senior services, utility assistance, job services, transportation and much more.

Friendship Line

24 hour line provides crisis intervention and emotional support to adults 60+. (800) 971-0016



Senior Scam Stopper

- Protect Yourself and Your Loved Ones
- One in five seniors has been a victim of fraud
- Seniors are the most targeted group
- New scams are developed constantly

Learn tips to avoid identity theft, home-report scams, mail fraud, etc. All Community members, especially seniors, their families and caregivers, are invited to attend the FREE seminar.

Wednesday September 23, 2015 1:00PM – 3:00PM

Discovery Bay Community Center 1601 Discovery Bay Blvd Discovery Bay, CA 94505

For more information, please call (925) 513-0411



Dog Park is Open!

The latest facility to open in the Town of Discovery Bay with the idea of having a special place for you and your furry friends to visit. Park hours coincide with the Town of Discovery Bay Community Center.

Mon-Fri, 8AM-5:30PM Sat/Sun 9AM-5PM (Hours of operation subject to change without notice)





Would you like to advertise your business in our next activity guide?

Call 925-392-4571



Winter/Spring 2015-16

Calling all Instructors. Are you interested in teaching a class? If you have a skill that you would like to share or have experience teaching, visit our website at www.todb.ca.gov/content/programs and click the instructor forms link. You can also pick up the Instructor packet at the Discovery Bay Community Center during regular office hours. For more information call 925-392-4571.

Friday Movies in the Park

Join us for free outdoor movies at the Discovery Bay Community Center this fall! Movies start at dusk. Blankets & chairs are recommended as the weather will be cool and will be shown rain or shine!





CLASS / PROGRAM REGISTRATION FORM

REGISTRANT INFORMATION:				
First Name: Last Name:				
Address:				
City:	Zip:	_ Phone:		
Email:				
Would you like updates on new classes a	and events at th	ne Commun	ity Center	? YES NO
EMERGENCY or PARENT/GUARDIAN	INFORMATIO	ON:		
Name:	Phone:			
Program Name	Class #	Age or DOB	Gender	Program Fee
CLASS. NO REFUNDS AFTER FIRST CLASS. No recancellations after a registration has been processed. If micanceled. In the event that the District cancels a class, you assumption of RISK, RELEASE, HOLD HARML. On behalf of myself and/or any minor child named above, the activity but that accidents and injuries can arise from application, I voluntarily desire to participate (have minor, and its officers, employees and agents from any claims or liconnected with participation in the activity, even if the liable ployees and agents. I further agree to hold harmless, indernegligence or carelessness might otherwise be liable to me to be responsible for transportation to a medical facility and it call personnel. This assumption of risk, release and hold ha I agree to abide by any rules and regulations for the activity photograph or video the participation for any legitimate proposed.	inimum class size is not will receive a full refunction will receive a full refunction of the such participation. Know it is participated in this a fability for personal in the such participated in the substitution of the subs	ot met by Wedner and. Outdoor class of TTO MEDICAL and (minor is) in good assured in the control of the control	sday prior to the ses are canceled to the ses are canceled to the ses and in considered arelessness of the ses and in considered ficers, employed finjury or illnument considered sex executors, sery Bay Comm	te start of class, the class may be in the event of lighting. IT AND PHOTOS: Indition to participate in the leration of acceptance of my drawive and release Town or the District or its officers, embes and agents, who through ess, I consent to and agree to all lered necessary by the medial in the list of the medial administrators, and assigns.
REGISTRANT ACCEPTANCE:				
Signature:	Da	te:		
FOR DISTRICT USE ONLY:				
Received by	Do	to:		



POSTAL CUSTOMER

PRSRT STD US Postage PAID Permit 15 Byron, CA ECRWSS

Now Accepting Applications!

The Town of Discovery Bay is now accepting applications for the following part-time positions: Recreation Leader I, II, and III. Please stop by the Community Center, 1601 Discovery Bay Blvd or call (925) 392-4575 for more information.

Volunteers!

Got some free time and want to give back to your community? The Town of Discovery Bay is now accepting applications for Volunteers for a variety of programs, activities, and assisting at the Discovery Bay Community Center.

Please stop by the Community Center, 1601 Discovery Bay Blvd or call (925) 392-4575 for more information.